

- Fasting**KEEP YOUR SKIN AND BODY HEALTHY DURING RAMADAN**

Times of Oman · 5 Apr 2023 · A4

WHEN YOU are fasting for long hours, it is advisable to drink more water than your usual habit during non fasting hours. Water doesn't just refresh you from inside but it also cleanses the toxins in your body. Your skin will also benefit from water as it is scientifically proven that a hydrated skin is a nourished skin. Two to three hours after Iftar, you can try some stretching, run on a treadmill or even jog around your home with your family or friends. It is your responsibility to have an active lifestyle as part of your daily habit. You can start with little exercise and increase gradually.



Stop eating junk food or limit it. Instead of buying boxed, artificial juices from the grocery, replace it with nutritious fresh juice. You can even do your own and mix your favourite fruits, shake it up and enjoy it at home, perhaps after an exercise. It is also much cheaper and it will surely detoxify your body. You can also replace junk food with almonds, spinach, carrots, and green leafy veggies as snacks. Fruits and vegetables will detoxify your body more naturally than any medicine or capsules sold in the pharmacy. The right amount of sleep will improve your memory, concentration and immunity. It will also make you glow naturally as you feel re-energised and recharged. Many offices during Ramadan have short timings and you can actually take advantage of that to go home and take a power nap after 5pm and wake up before Iftar. If you do not have time to nap during the day, be sure to get those 7-8 hours of sleep every night.